



Live by the sword
Royal Medieval Faire invades Waterloo Park.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Lots of laughs
Comedy Nooners packs them in.
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MONDAY, SEPTEMBER 26, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

43RD YEAR — NO. 17

College polling station pulled

By TORIE ROTH

Conestoga College will not have a provincial election polling station on site.

Nor will any other college in Ontario.

Earlier this month, Elections Ontario, a non-partisan agency of the legislative assembly of Ontario which is responsible for conducting elections and referendums, decided to choose other locations.

"I understand because not only students, but people in the community would be voting here as well," said John Tibbits, president of Conestoga College. "I think they were worried about the potential for people to be uncomfortable."

"A notice of registration card was sent out to 8.8 million electors, so even with the strike being over, the polls will not be relocated back to their original campuses," said Alicia Fowlie, communications co-ordinator at Elections Ontario.

For the Oct. 6 election, students have the choice to vote in their hometown or in the town where they attend college or university. If a student wishes to do so, that student can apply for a special mail-in ballot. The student can otherwise use the online application for an advanced voting opportunity at www.wemakevotingeasy.ca.

"In my opinion, I agree with the decision," said Crystal Brown, a first-year broadcasting student at Conestoga College. "To ensure students still have the opportunity to vote, it forces the students who are serious about having their voice heard to put that much more effort into casting their ballot."

On Sept. 28, Elections Ontario will be on campus to provide students with information on how and where to vote.

FIST PUMPING: NOT JUST AT THE JERSEY SHORE ANYMORE

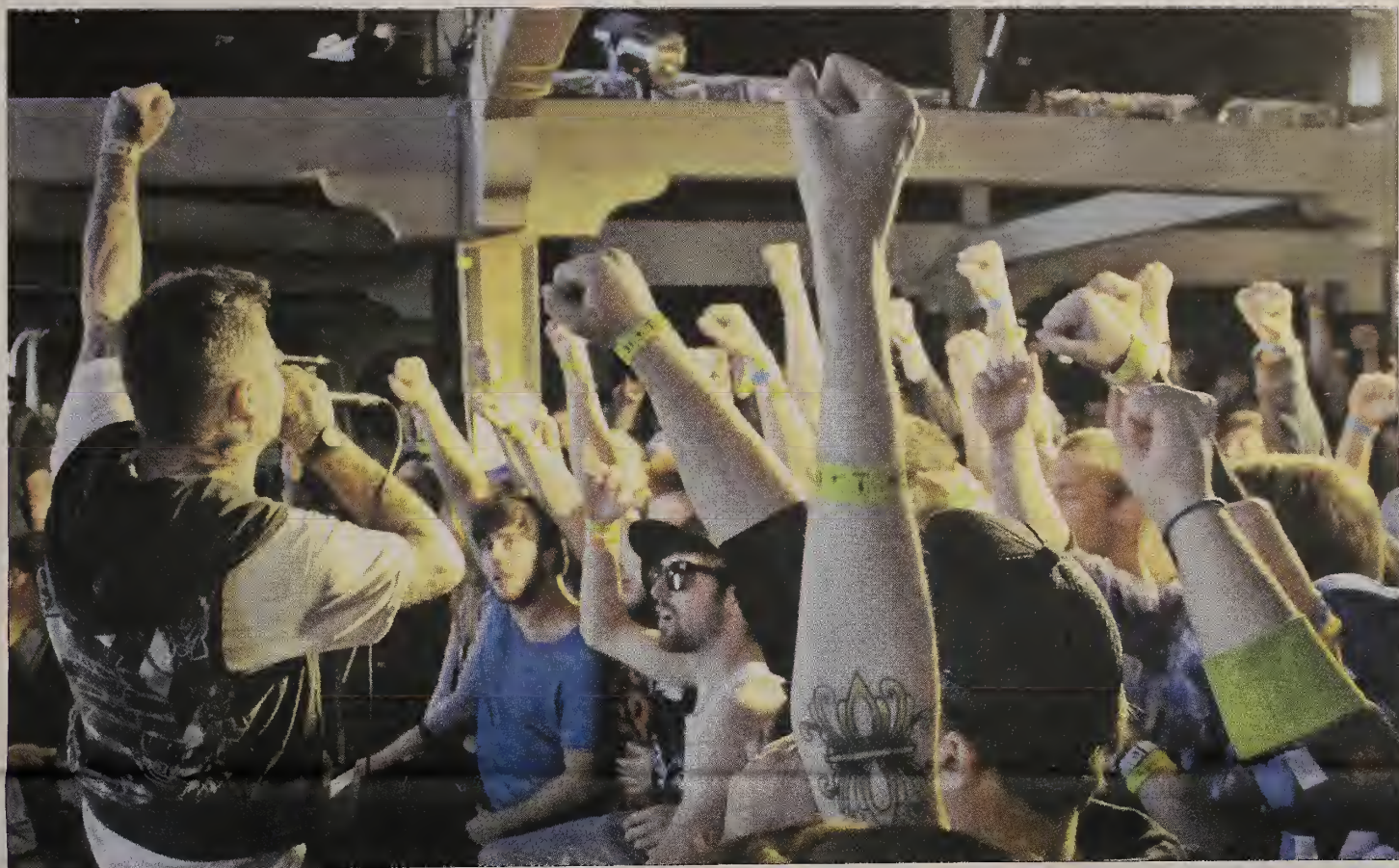


PHOTO BY RACHEL HENRY

People packed the Wax in downtown Kitchener on Sept. 17 to see Boston post-hardcore band Vanna perform at the Kitchener Ontario Independent (KOI) Music Festival. For story and more photos, see Page 8.

Referendum cancelled

CSI decides to stay with current benefits provider

By RYAN HORNE

It was the referendum that wasn't.

Some students may have been wondering what happened with the referendum concerning the Conestoga Students Inc. benefits plan over the summer. Well, it never actually happened.

CSI was able to negotiate a deal with Galivan & Associates Student Networks that was in the best interest of the students according to CSI president Ciara Byrne. The deal with the benefits broker was finalized a week before the referendum was supposed to take place from July 4-6. The referendum was cancelled at that time.

CSI originally set up the referendum because they weren't happy with the esca-



lating prices Galivan & Associates was charging.

"They came to us with a really high price and we didn't want to charge our students that much money," said Byrne. "We work for the students and we want what's best for the students. That wasn't what's best."

Two years ago the health and benefits plan was \$225. Then in February 2010 the price rose to \$270 and the coverage was lowered to only 70 per cent.

This year the benefits broker came with an even higher price of over \$300.

CSI wasn't happy the price

of the health plan rose in consecutive years and thought students wouldn't be happy either. They called a student-wide referendum to vote on whether or not to terminate the agreement with the broker. The vote was supposed to occur on the Internet through student email.

The two sides managed to agree to keep the same price as last year which is \$270. Students' coverage for reasonable and customary charges is now up to 80 per cent as well.

The contract with Galivan & Associates Student Networks ends in 2016. The company serves over 160,000 students and 27 post-secondary schools nationwide.

However, if the referendum did occur, the time of the vote was a concern. Many students were on summer break

and were unaware of what was going on. But, Byrne said many students, including non-summer students, were asking about the referendum and were aware of what was happening.

"We were concerned initially that it was the summer and not enough people would vote or not enough students would be able to vote, but surprisingly students check their student email during the summer," said Byrne.

This year's CSI benefits plan includes ambulance, prescription drugs, vision, health practitioners, medical equipment and supplies, and dental care.

As always, if you already have health and benefits coverage you are free to opt out of the CSI student benefits plan.

The deadline is Sept. 30.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could have a super power,
what would it be and why?



"I would have to say invisibility. It's a general one, you can't fly, you can't be super strong, but you're super stealth."

Steve Spahr,
first-year
media foundations

"The ability to stop time. First of all, you could pretty much get in and out of any situation you wanted, and also you'd have all the time in the world to do what you wanted."

Cameron Conroy
first-year
media foundations



"The ability to control time. Because you can basically do whatever you wanted, you don't need the ability to be invisible to do whatever because you can just stop time and do what you need to do."

Jessica Ferrato,
first-year
general arts and science



"I'd like the power of teleportation so I could travel the world without having to spend my money. I could just go wherever I wanted at any time and just be there."

Scott Mason
first-year
general arts and science



"Eyes that shoot lasers. I find it cool. If I see someone I don't like, ptshoo! Get out of my life."

Lisa Nguyen
first-year
general arts and science



"To fly. It would get you places faster and you wouldn't have to wait in traffic. I think it would be cool to fly. It would be nice to be up there with birds, and you'd be able to see everything."

Andrea Dean,
first-year
health office administration



Smile Conestoga, you could be our next respondent!

Networking for success

Club has social, professional aspects

By **BRADLEY ZORGDRAGER**

Sometimes out with the old and in with the new doesn't mean starting with a completely clean slate; sometimes it just means changing and building on the past.

Dave Parbhakar plans to do just that, now that he's taken over the reins of the Conestoga College Journalism Association. As president for the 2011-12 academic year, he plans on adding more career-oriented aspects to the socializing the association focused on last year.

The mission statement for the association – club for students in the journalism-print and journalism-broadcast programs – is, "To build a cohesive unit and help one another succeed in this industry."

Parbhakar said although the association was able to build toward a cohesive unit through social activities last year, it lacked the second part of the equation: "helping one another succeed in this industry."

He plans to accomplish the second half by taking time at meetings to talk about "jobs, volunteer experiences and how you succeed in this field by putting together good news stories and visuals and clips and things of that nature."

Meetings will feature a show and tell portion in which members can show off their work and learn from others.

Members can also ask each other for help on class assignments.

"Not everyone can afford a tutor," said Parbhakar, "And it (the association) doesn't just bring people together,

but improves their skills (too)."

The possibility of organizing tours around industry facilities such as CTV and Rogers was discussed at the first meeting of the year on Sept. 12.

Larry Cornies, co-ordinator of the journalism-print, journalism-broadcast and new media programs, supports Parbhakar's vision.

"It's probably time that the journalism association broadened its scope beyond just the social aspect and became more involved in the directions that Dave is suggesting."

However, Cornies emphasized the importance of maintaining the social aspect in a small industry such as journalism.

"There aren't that many journalists in the country like there would be accountants or lawyers; it's a comparatively small little fraternity ... That's why I keep telling folks in the journalism association, 'Do the networking. Become familiar with each other socially because chances are you'll meet again.'"

Parbhakar said he thinks

other programs could benefit from forming similar groups.

Although the association has existed in years past, Parbhakar plans on making this year the first time that it will be officially recognized by Conestoga Students Inc. as a sanctioned club.

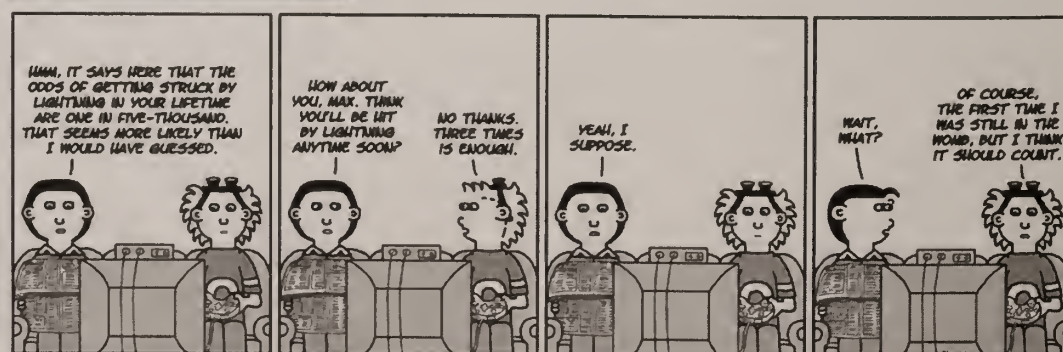
The benefits of this include up to \$150 in funding per semester for certain costs incurred by the club and free printing of 100 posters, which Parbhakar intends to use to get the club some publicity.

He's hoping that the association will increase interest in the program, particularly among those in the media foundations program which gives graduates the option of applying directly to both journalism programs.

All CSI-sanctioned clubs need to submit forms showing a minimum of five members, including a president, vice-president, treasurer and full-time faculty adviser. They also need to explain their purpose, what they plan to do at meetings, when those meetings will be held and what they will do with the funding provided by CSI.



LAST-DITCH EFFORT



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College course gets your motor running

By ALEXANDRIA DEER

Since 1976 Conestoga College has offered motorcycle driver training for people who want to upgrade to an M2 class licence which concludes with Ministry of Transportation testing.

Ron Hanley, one of the instructors, said he has noticed a growing trend in the variety of people signing up for the course.

"When I started doing this 10 years ago, more young people were doing the training but with insurance being high, now more people entering retirement have been doing the course," he said.

The driver training course, which is 22 hours of instruction over three days, is run in a controlled, non-biased environment by trained motorcycle riding instructors.

David Ross, a student in the training course, said, "I'm retired. I've always wanted to cycle, I think almost everybody has, I just never got around to it."

"Early retirement is about doing stuff and doing the pre-bucket list sort of things. I thought I would do it right and safe and take the course and get all the right training."

Michael Nanni, another student, is taking the training for a different reason.

He said, "I like to race. There's a track in Cayuga, they have a race for motorcycles every Saturday. I'd like to go to places like Cayuga for the weekend."

The course, which is offered every weekend from April to September, is \$440. Participants should come prepared with a certified helmet, sturdy jacket and pants, sturdy boots which cover the ankle and full fingered leather gloves.

Motorcycles, however, are provided by the college.

Class sizes are based on a one instructor to five student ratio.

For more information or to sign up for the motorcycle driver training course, visit the college website, www.conestogac.on.ca.



PHOTO BY ALEXANDRIA DEER
Instructor Ron Hanley speaks with student Jake Stevenus at the motorcycle course held at Conestoga College, Sept. 18.

Security Services has your back Walk Safe program in full effect

By JESSICA MARTIN

There's no halo over their heads, but they've got you under their wings.

Security at Conestoga College serves multiple purposes. Whether you want company walking alone at night or you would like to buy a parking pass, security will do its best to meet your needs.

The Walk Safe program is available from 6:45 to 10:45 p.m. and is run by security guards and students with security licences. Each walker is accompanied by two people on duty who will escort you to your car anywhere on campus, to a nearby residence or to the residence building.

Samantha White, a first-year student in pre-health science, said the program is beneficial.

"I've never had to utilize it but I think it's a great idea and it's nice to know the resource is there."

Other students didn't know about the program but supported the service when they were told what it was.

"I think the program is a really cool idea," said Ishpreet Singh, a second-year general business student.

"Yesterday I was walking with my friends and I felt safe. It's a mental thing. People need to feel mentally safe."

It's ridiculous. You're not even guaranteed a spot.
— Kaylen Fugard

Security Services also has a bike patrol which has been running for a couple of years.

"We started it because we have a lot of geography here plus we have all the forests and green space by Lot 1," said Barb Eichholz, security supervisor.

"We do the bike patrols all night because out back they can get to where vehicles aren't and they can do it very quickly."

Security also looks after

parking at the school.

Each year they sell more parking permits than what's available, but they check the parking lots twice a day to count all of the empty spaces.

"That's something we monitor," said Eichholz. "We don't just throw out a number and say this is what we are going to sell. It's something we watch very closely."

Kaylen Fugard, a second-year protection, security and investigation (PSI) student, disagrees with the system.

"It's ridiculous. You're not even guaranteed a spot," she said. "But I'll pay it because I have to. I need to park so I don't have a choice."

This year an annual parking pass costs \$435, which has gone up from previous years. Becky Kestar, a second-year practical nursing student, doesn't mind.

"You have to pay them regardless, so I'm not going to complain," she said. "I need to go to class and I'm not going to pay per day."

The money from the parking passes goes toward maintenance such as snow removal,

salt, sand, filling in pot holes and putting new paint down. When Lot 14 was made two years ago it was also paid for by the money received from parking passes.

Eichholz said it's quite expensive to keep up parking lots but those fees don't usually cross people's minds.

She would also like to remind students of the severity of creating fake passes.

"People need to understand that this is a criminal offence. It's creating a forged document and we deal with these forgeries every year," she said. "We work with the PSI who help us do sweeps and we can nail a lot of people."

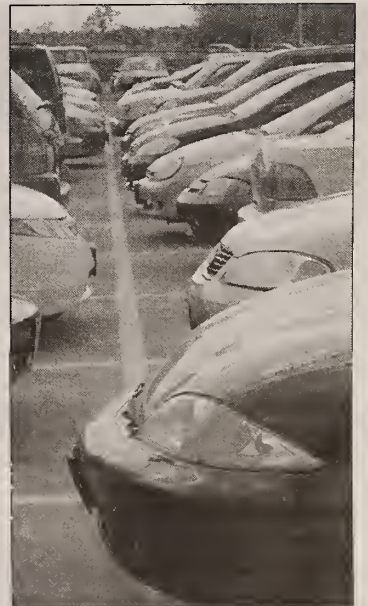


PHOTO BY JESSICA MARTIN
Parking at Conestoga is monitored closely. Security staff check the parking lots daily for empty spaces and gauge the sales of parking passes based on that number.

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Strike left us used and abused

By DREW LOGAN

The website of the Ontario Public Service Employees Union (OPSEU) tells us that "members have a big say in how their union works. You control your own local."

That would certainly be the case at 24 local colleges, including Conestoga.

It was great to hear on Sept. 19 that students will suffer no more. An agreement between the colleges' bargaining team and OPSEU had been reached the night before, resulting in the strike by support staff being over.

The strike led to thousands of students having to find alternate ways to complete their schoolwork due to the library being closed at 4 p.m. each day. Temporary parking passes were unavailable and access to the recreation centre was limited. Registering for courses and getting OSAP funds were the definition of madness. And students were late for class the entire first week of school because of being held up by pickets.

Some students did not receive the proper education during this time due to computer problems or the inability to drop or add classes. We feel that we were used as pawns for 19 days. We tolerated delays, lectures and lack of services in our own college.

And now that a tentative agreement has been reached, OPSEU support staff members can forget this ever happened. They can disregard the inconveniences, frustration and stress caused to students, passing the strike off as something that was within their right.

But what about the rights of students?

Why did 9,500 Conestoga students have to suffer for more than two weeks?

There are alternatives to striking, such as working to rule or continuing negotiations with a mediator.

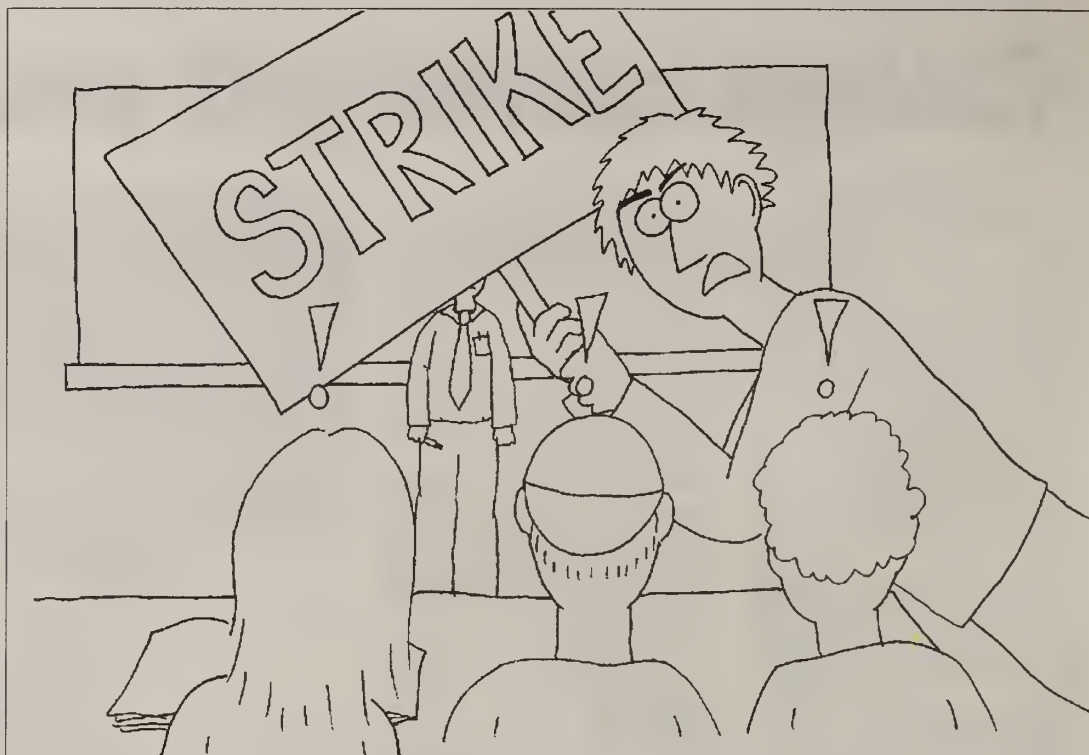
Or, go on strike and wave your placards, but don't prevent students from getting to class.

Limiting our education that some of us slaved to pay for has left many students bitter.

Nineteen days of traffic jams and stress can do that.

Now that it's over it's time for unions and management to reflect on the way things were handled, and implement new policies and procedures when talks break down. Because no one should be biting the hand that feeds them.

The views herein represent the position of the newspaper, not necessarily the author.



Students' education was affected by the strike, leaving them frustrated and angry.

Country life well worth it

Waking up with the window open to a morning breeze and the creek running a bit high after a rainstorm a few days back leaves me with a feeling of refreshment I have yet to recreate elsewhere. And believe me, I've tried.

Of course, waking up in the country usually leaves a student whose school is in the city in the inevitable place of only being able to experience these mornings for a small period of time. The rest of the year the ringing of the alarm wakes me up long before dawn so I can be on the road in time to make it to class.

Obviously this raises the question as to whether living in one world and going to school in another is worth all the time and trouble. The answer is yes.

It's a life not recommended for the faint-of-heart though. Those early-morning wakings are followed by two giant mugs of coffee before hitting the road, where I have to dodge enough road kill to carpet a room. I also get stuck



Alysha Miller
Opinion

behind more than a few vehicles whose drivers can't seem to accelerate anywhere close to the speed limit, and, of course, there are daily road closures, construction and detours.

It's not just the drive itself that's really trying my patience, either. The monthly bill my car insurance company sends me — seemingly charging an extra dollar for each kilometre I drive during the month — is right up there. Just a tip for anyone thinking of commuting, don't crash.

So what makes all that hardship and money lost (have I mentioned gas prices?) worth it? The most perfect sunrises imaginable that follow nights of actually seeing the stars in the sky. The driving itself provides me with time to unwind, something seemingly

unheard of in the city. The feeling of clean air in my lungs, air that's usually filled with smells of tree bark, wild plants, flowers and herbs. Heck, even the manure smell that comes around when the seasons turn is almost nice, because it reminds me of the simple life I just can't seem to let go of.

There's living in a town where everyone knows everyone else's name, where each person works and what that person was up to on the weekend. It's an intimidating concept for a lot of people, but one that keeps me grounded.

Overall, I wouldn't move closer to school for the world. It's worth every flattened skink, every tired construction worker turning a sign to alternate traffic flow every four minutes, every cold, early morning started with an ice scraper in hand, every dollar and every minute late for class.

The air's just different here in a small town, and I'm thrilled to have the chance to come home to it every evening.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

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Spoke reserves the right to edit any letter for publication.

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Down with Webster rocks college

Stereo Kids and The Stereos also take the stage

By KENNETH BELLIVEAU

The night air was chilly, a brisk 8 C, but that didn't stop the students of Conestoga from coming out to see Down with Webster.

The doors opened at 7 p.m. and people were lined up behind the woodworking building, eager to see Conestoga's 2011-2012 frosh concert. It was a good 20-minute wait and a security check before anyone was able to catch a glimpse of the stage.

There was a refreshments tent, which many people took advantage of before Down with Webster actually took the stage later on in the night. Off near the rear of the venue there was a vendor selling hotdogs and hamburgers for those students who needed to grab a bite to eat.

Then, finally, at about 7:40 p.m. Stereo Kids took the stage, and played a wide variety of music as well as interacting with the crowd. The group threw in a few well-known covers, including the Red Hot Chili Peppers' Give it Away off their 1991 album, Blood Sugar Sex Magik. This drew a very laid back reaction from a crowd that had seemed really eager and pumped up.

After the Stereo Kids finished, there was an intermission before the next band played.

As students drank beer and conversed about the Stereo Kids, The Stereos were taking the stage and getting ready to rock.

The Stereos were good, playing pop rock songs that are meant for a summer cruise in the convertible with the top down and the wind



PHOTO BY KENNETH BELLIVEAU

Down with Webster vocalist Martin "Bucky" Seja makes a gesture to the audience to get the crowd going during the Frosh concert at Conestoga College on Sept. 17.

racing through. While playing band members told jokes among themselves, while keeping the crowd excited about the fact that Down with Webster was coming on right after them. When The Stereos finished and they thanked the crowd, everyone stood in anticipation for the headliners.

No one left their spot, espe-

cially if it was close to the stage. It took a while before Down with Webster came on. There was what seemed like an endless sound check, which made the crowd restless.

When Down with Webster's intro came on, the crowd went nuts. People were screaming and flashes from cameras were going off everywhere. Vocalists Cameron

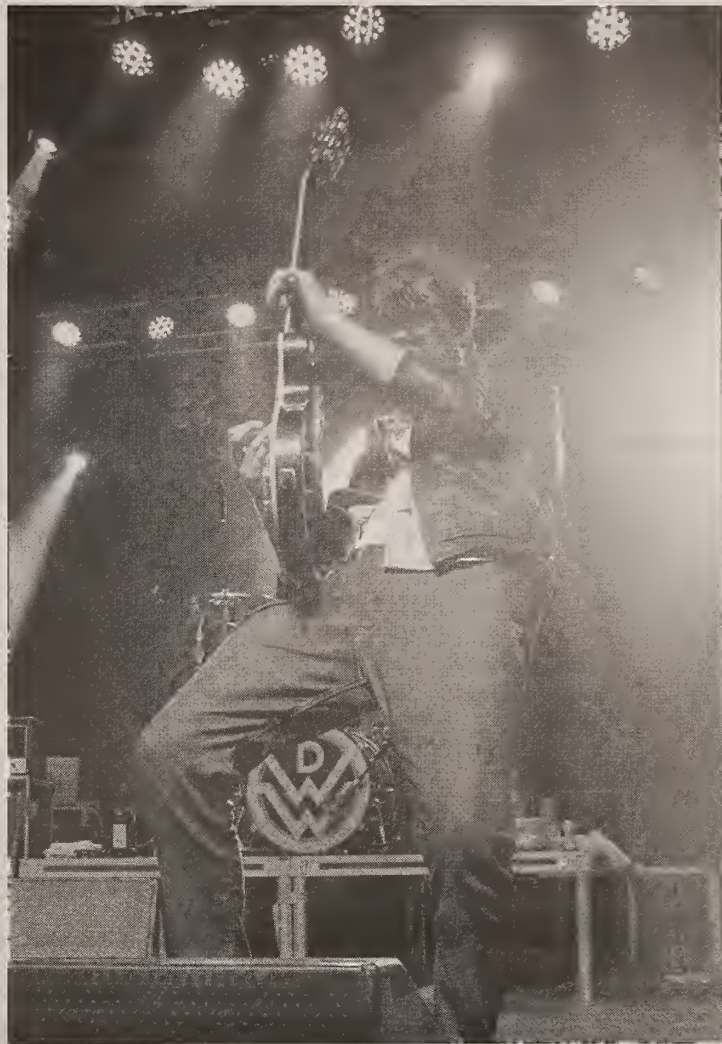


PHOTO BY JAZLYN SLACK

Down with Webster's Patrick "Pat" Gillett rocks out in a solo during the concert.

Hunter and Martin "Bucky" Seja asked the crowd to make as much noise as possible and sing along with the music. Throughout their session Down with Webster threw cups into the audience, telling everyone to hold them high and party as hard as they could. At one point during the set the two vocalists pulled out large bottles of liquor and each took a swig.

Down with Webster played most of their well-known songs and even a few new ones off their new album which is set to be released on Oct. 31. They ended with the song Whoa is Me, which most people know them for.

Hunter and Seja tried to channel the energy of the crowd by asking everyone to shout "Whoa" after band members yelled it.

3-D movies: a waste of time and money

By JAZLYN SLACK

Imagine you're going to see a movie with your friends. You buy your ticket, grab some popcorn and the usher rips your ticket and hands you a pair of glasses. After sitting in an uncomfortable seat for two hours and fiddling with those glasses that never seem to fit your face, you've spent at least \$20 or more, and are leaving the theatre with a huge migraine. All thanks to the unnecessary 3-D movie.

Let's start with the prices. Not only are you paying at least \$5.50 for popcorn, and more if

you want a drink, but you have to add the extra \$3 before tax to watch a movie where things may or may not pop out at you. General admission for a 2-D movie at Empire Theatres is \$9.99. If you want to watch a movie in 3-D, plus you'll end up paying \$12.99 + tax.

After you spend all your money, you get to sit in the theatre for two hours with those ridiculous glasses on your face. Now they probably wouldn't be so bad if they actually fit, but when you have to push them up the bridge of your nose every five minutes, you'll find it

gets not only annoying, but distracting. They're big, they're chunky and after watching a two-hour flick with them on, eventually your eyes start to feel funny, leading to that migraine everyone loves; just kidding.

Don't get me wrong, there are some movies out there that are made for 3-D such as Avatar and Jackass 3, but the majority are a waste of time and money.

James Cameron, producer of Avatar and co-developer of the 3-DFusion Camera System, told John Gaudiosi of reuters.com that you can't take a 2-D movie and convert

"
I'm not a big fan of 3-D conversion because I think it produces what I call 2-and-a-half-D.
— James Cameron

"
it into a 3-D film.

"We can't take cheap routes to offer a 3-D title in the marketplace," Cameron said. "I'm not a big fan of 3-D conversion because I think it produces what I call 2-and-a-half-D. It

doesn't have the depth of native 3-D that's actually been photographed in 3-D. Post conversion tends to be a little harder on the eyes and not give you a good depth experience. The audience is reacting and they're saying, 'Wait a minute, I'm paying a premium price for a ticket and I'm not getting the added value that I wanted from 3-D.'"

Next time you go to see a 3-D movie, look and see if it was shot in 3-D, or if it was just a 2-D movie converted post-production. If that's the case, save some money and see the 2-D film instead.

Take control of your depression

By **ANDREW SOULSBY**

We all feel blue, under the weather, or down in the dumps occasionally, but for the clinically depressed, it can last several weeks to months at a time.

Marshall Chanda is a counsellor at Doon, who describes depression as “a state or a mood or a set of symptoms that affects someone’s overall ability to function and cope on a day-to-day basis.” For students, a bout of depression could be hazardous to their education.

According to Chanda, visible symptoms of depression exist such as frequent crying and tiredness; however, most symptoms aren’t so obvious. Behavioral symptoms such as withdrawal from relationships, increasingly isolated behaviour and changes in diet and sleep patterns are also signs that someone may be depressed. Further, he added, “if a person is left untreated

and symptoms persist and worsen, it can develop to the point where someone can actually have suicidal thoughts.”

Due to the complexity of depression and the myriad of people it affects, treatments are similarly varied and often combined for the best results. However, as a first step, Chanda said regular exercise and healthy eating habits play key roles in maintaining positive mental health. According to an article published on the BBC website in 2008, a survey of 200 British doctors revealed 22 per cent of them suggested exercise as treatment for milder cases of depression. This is up from four per cent three years prior.

“It can’t be overstated how important exercise is to a person’s overall well-being,” said Chanda.

For more severe cases of depression, counselling or psychological therapy in tandem

with anti-depressant medications are considered the best treatment by Health Canada. However, according to Dr. Anne-Marie Mingiardi, one of Conestoga’s doctors, going on anti-depressant medication is a “very serious decision,” adding that a family physician should be consulted for information about expectations and potential side-effects.

According to healthguide.org, a non-profit website that provides solutions to health challenges, all anti-depressant medications have side-effects. For some people, the effects can be so severe that they stop taking the medication altogether. Some side-effects include: nausea, constipation, dry mouth, decreased sex drive and anxiety. While

some side-effects subside over the course of a few weeks, some may get worse.

A study entitled, Initial Severity and Antidepressant Benefits: A Meta-Analysis of Data Submitted to the Food and Drug Administration, was published in 2008 in a peer reviewed medical journal known as PloS. The research discovered anti-depressant medication and their placebo counterparts had little to no effect on cases of moderate to severe depression. Healthguide.org further states that in some cases, anti-depressant medications have the opposite effect on some people, increasing the severity of depression and thus the likelihood of suicidal thoughts.

If you’re feeling depressed and are unsure of what to do, make an appointment with your campus’s counselling office. At the Doon campus, an appointment can be made in person in the Student Life Centre at Room 1A101, or by phone at 519-748-5220, ext. 3360. At Waterloo, you can visit the administration main office or call 519-885-0300, ext. 224. And finally, at Guelph, you can reach counsellors in the administration offices or by phone at 519-824-9390, ext. 148.

“In general, if a person feels as though something is wrong, or if something isn’t working for whatever reason, then that is enough of a clue to come and talk to someone,” said Chanda.

A SLIPPERY SLIDE RIDE



PHOTO BY TIFFANY WILSON

Mikayla Callery, 12, loved the feeling of sliding down a bouncy castle at a Family Fun Day Sept. 17 at the Doon Pioneer Park Community Centre. In celebration of the Doon Pioneer Park Community Association’s 30th year, there was a free BBQ, popcorn, cotton candy, face painting, entertainment and much more.



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Students prefer BlackBerry

They say BlackBerry Messenger is what they like best about the smartphone

By **MARIANA MORALES**

If you walk down a hallway at any school, you will see students holding cellphones. They may be texting a friend, viewing the latest update on Facebook or surfing the Internet.

There are many opinions on which kind of mobile device is preferred, but at Conestoga College, the most popular smartphone seems to be the BlackBerry.

In a survey of 25 students across the Doon campus, most students own some type of BlackBerry. In second place is the iPhone. Many students say that they enjoy the

BlackBerry Messenger (BBM) feature that allows you to contact other BBM users for free. However, some owners prefer the Internet capabilities that the iPhone or Android phones have.

The Internet on the iPhone is better.

— Lisa Valletta

Lisa Valletta, a Conestoga student, said, "The Internet on the iPhone is better," but she enjoys the BlackBerry

because of BBM and access to social networks.

In a discussion posted on the Conestoga Students Inc. website, (www.conestogastudents.com), most BlackBerry users agree that the BBM feature is one of the main reasons they own that type of phone.

In a recent article on Yahoo News, RIM ranked fifth in customer satisfaction in a Wireless Smartphone Study in 2011. For three years straight, the iPhone has been No. 1. In second is HTC, which includes Android and Windows smartphones.

The study is based on approximately 7,000 smart-

phone users, and includes elements such as performance, features, physical design and ease of operation.

The majority of those users have downloaded applications for gaming and social networking.

For iPhone and HTC users at Conestoga College, students enjoy the countless applications it provides. But for the non-smartphone owners, Samsung phones seem to be the most popular around campus, with LG phones in second.

To read more about the Wireless Smartphone Study, visit: <http://ca.news.yahoo.com/blogs>.



PHOTO BY MARIANA MORALES

Conestoga non-smartphone users rank Samsung No. 1. Melissa Toste, a student in the CCEP program, said she switched to Samsung and never looked back.



PHOTO BY SARAH SHAW

Undercover Spoke reporter James Witczak tests the respect level of students at Conestoga College on Sept. 15 by purposefully dropping papers to see who would help pick them up.

Respect never went on strike

By **JAMES WITCZAK**

If you drop papers in a busy hallway at Conestoga College, will anyone help you? Odds are that someone will. In a recent experiment 64 per cent of people came to the aid of the unfortunate paper dropper.

In the experiment I decided to walk, jog or run around Conestoga College's Doon campus hallways holding a binder of nearly 40 loose papers and drop them "accidentally" to see if anyone would help me pick them up.

"It's kind of like a prank, but for nice people," joked Jared Langerak, a community and social services management student, after reading the piece of paper that he quickly picked up which read: "Thanks for helping me! Would you kindly let me interview you for the Conestoga Spoke newspaper about your random act of kindness?"

Common thoughts were echoed when I asked each per-

ON PAPER

■ Sixty-four per cent of the time someone helped picked up the dropped papers.

■ The total number of times that I dropped papers was 25, with people helping me 16 of those times.

■ On average, 1.4 people helped each time papers were dropped.

■ Sometimes more than one person aided me. In total, 13 males and 10 females helped in picking up the papers, showing that both sexes are more than willing to assist someone.

son why he or she helped out. "Anyone would do the same," said biotechnology technician student Maria Romero, who stopped without hesitation in the hallway to lend a hand. "I'd like someone to help me if I dropped all my stuff," said

business accounting student Desmond Sampson.

However, not all the results were positive. I dropped the papers 25 times, but nine times no one lent a hand. Some of the lowlights included a girl walking on top of the papers as they were being picked up and a male laughing aloud when seeing the papers dropped.

But most of the time people just picked up a bunch of papers and handed them to me without saying a word, before going on their way. Their smiles indicated they didn't think it took a lot of effort.

The mostly positive stats aren't that surprising considering that Conestoga has been very vocal in promoting their Respect Campaign which asks students to "Be the difference." The campaign focuses on building a safe and friendly environment for students to go to school in. My experiment shows it is succeeding.

Where could your education take you?

By **REYHAN ENVER**

Take a step toward your future.

Canada's largest Career Fair is being held at RIM Park on Wednesday from 10 a.m. until 3 p.m. Students and alumnus from Conestoga College, University of Guelph, University of Waterloo and Wilfrid Laurier may attend at no charge with proof of student ID. Shuttle service is also available from any campus.

"Students should be ready to show their ID at the door. They should also dress appropriately in business attire," said Sandra Cocco, manager of employer relations and job development at Conestoga College.

Over 250 employer organizations will be at the fair to give students information about their career, co-op, summer jobs and teaching abroad options. Students will have the chance to have all their questions answered by an experienced employer.

"It's certainly well worth attending. Very few schools get together in a community and put on an event such as this one; it's one of the biggest in Canada," said Cocco.

Approximately 2,500 students usually attend she said. Although the event is on a school day, students can go online to partners4employment.ca which lists the employers that will be attend-

ing the fair and do some research about the company.

"Students should come prepared to wait in line, but they can also target which employers they'd like to visit by going on the site. If the students can get online and check out who is attending, they can pick a couple of employers who they can visit," Cocco said.

Employers attend from all parts of Canada and use the job fair as initial screening for possible new hires. The job fair is a great way for students to network with many employers and get face-to-face time with a recruiter.

It's certainly well worth attending.

— Sandra Cocco

"I definitely am interested in going to see if I could gain work experience with a co-op placement and to widen my knowledge of what fields I could enter that may interest me," said Jon Mark Ferber, a first-year administrative marketing student.

Students can check MyCareer on the Conestoga website for co-op and graduate postings.

KOI Fest rocks Kitchener, again!

By **RACHEL HENRY**

You could not be in downtown Kitchener on September 17 without being surrounded by it.

With a section of King Street blocked off, the street was packed with merch tents, crowds of people, food vendors and, most importantly, live music.

The second annual Kitchener Ontario

Independent (KOI) Music Festival made its presence known, boasting approximately 150 bands playing rock, punk, indie, metal, ska, reggae, acoustic and blues that rocked nine indoor venues and two outdoor stages in downtown Kitchener.

Not bad for a grassroots operation, spearheaded by Kitchener's Arc Clothing Co.'s Cory and Curtis Crossman.

The brothers have been

organizing music events since the age of 15, and have made it their goal to foster the local music scene and help it grow.

"Our goal with the festival is to show people that the tri-cities (Kitchener, Waterloo, Cambridge) has some amazing talent and you don't have to drive an hour to see quality live entertainment," Cory said.

KOI was started with the goal of opening up the local

independent music scene to residents who have not previously been exposed to it.

While international artists are booked to headline the festival, 50 per cent of the performers are from Waterloo Region and Wellington County.

"Residents need to get engaged in their communities more and try something different," Crossman said. "Nothing will ever change if people aren't willing to go explore their community and their music scene. If you're not sure where to start KOI Music Festival is a great start ..."

Although the number of ticket sales is not yet known,

festival organizers have high hopes to surpass last year's attendance.

"In our first year as a festival (last year) we had over 2,500 people come out" Cory said. "We're very pleased with the reaction and all the positive feedback we received."

"This year going into the festival our goal was to secure a larger outdoor stage and bring the attendance level up to 4,000,"

Curtis echoed the all-around optimism about this year's event.

"With another successful fest this year the third edition of KOI can only get better," he said.



PHOTO BY RACHEL HENRY

People lined the barrier at the main stage of Kitchener's KOI Music Festival on Sept. 17. The crowd went wild for over 150 bands on several stages throughout downtown Kitchener.



PHOTO BY RACHEL HENRY

The New Cities rocked the main stage at KOI. The Juno-Award winning band is set to release its second full-length album on Sept. 27.

Medieval magic finds its way to Waterloo Park

By **DAN MACLEOD**



PHOTO BY DAN MACLEOD

Rob Carss and Erik Bohl show off their plethora of medieval weaponry on Sept. 17 at the Royal Medieval Faire in Waterloo Park.

If you're a die-hard fantasy lover then you probably felt right at home Sept. 17 at the Royal Medieval Faire held in Waterloo Park. Attendees were in for a day filled with extraordinary costumes, rare and unique wares and spectacular displays of choreographed battles before the king and queen.

One didn't need to be eccentric to enjoy the many things the fair had to offer, but fantasy fans in particular found it to be the perfect place to get dressed up in medieval finery and strut their stuff. Everywhere you turned there were kings, queens, knights, witches, warlocks and fairies. If you didn't already have a costume prepared, there were plenty of vendors selling dress-

es, cloaks, chain mail, breeches and more replica weapons than a bylaw officer could possibly know what to do with.

While the fair contained an abundance of attractions for all ages, King Bertram took a moment to explain that the most fulfilling audience is the children.

The magic and wonder of costumes and role playing is reflected in the excitement of the kids in the crowd. This was especially true during the performance fights, the apparent theme of which was fairies versus the king's court.

If you missed this fun-filled event, don't fret because there's always next year.

You can keep yourself posted on the latest news by joining their Facebook group or going to www.royalmedievalfaire.org.



PHOTO BY DAN MACLEOD

King Bertram greets subjects Katia and Dori Mueller on Sept. 17. Also on hand were knights, witches and warlocks.

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CSI's Annual Toga Party Pub Night.*

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waist area.
- 3** Drape excess
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and tuck/pin.

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In the Sanctuary

Costume Contest
Proper ID Required



CSI's Comedy Nooner has students in stitches

By DREW LOGAN

From Blackberries to breastmilk lattes. From ethnicity to marijuana.

There was no doubt that if you came to the comedy nooner on Sept. 14, you would have been burned.

From Mark Breslin's Yuk Yuk's came the famous comedic acts of Cedric Newman, Dimi Dimakos and Julia Hladkovicz: three diverse jokesters who came ready with their own styles of "New-Age in your face" comedy.

Conestoga Students Inc. held the free event in the Sanctuary.

An introduction for each comedian was given by Dimakos. Hladkovicz, made fun of the firefighters of Conestoga, but also touched on her experience in minimum-wage jobs, and threatened to release her bowels on stage.

Hladkovicz finished her act with a song insulting the infamous Katie Perry song, I Kissed a Girl. Her version was more detailed and the crowd was both stunned and amused.

Dimakos made an entrance after her performance and tripped over the Sanctuary stage steps.

Both students and faculty howled with laughter, as did Dimakos.

She got up and began

insulting the firefighters, who were closest to her, for not coming to.

After a few minutes of lecturing, she dished out jokes concerning relationships, celebrity pregnancies and bathroom humour.

The laughs only got louder as Newman took the stage.

Newman immediately started calling out the audience, which both engaged and insulted students.

The audience loved it.

"You know texting and driving is illegal? That's stressful. Because now you have to text, drive and look for cops," joked Newman.

"Bank of Montreal is never open. I asked one day: what does BMO stand for? He said bank might be open."

The audience howled as Newman threw insults at students who left halfway through his act.

Elina Joi, a student at Conestoga College, was joked about in friendly nature about her ethnic background, by Newman.

"It was very funny, but I wish it wasn't me that got picked," said Joi, who was a little embarrassed.

At the end of the event Newman met with Joi and reassured her that his jokes were in good nature.

Both students and faculty watched the comedy nooner for an hour and a half.

After the show, Dimakos



PHOTO BY DREW LOGAN

Three jokesters pose after their comedy act in front of Conestoga students and faculty in the Sanctuary on Sept. 14 at CSI's Comedy Nooner. The comedians were (from left to right), Dini Dimartros, Julia Hladkovicz and Cedric Newman.

commented that we were a "polite, nice, audience."

But that wasn't all she had to say.

"It was cute how they

raised their hands. I would also like to report a faulty step, and lousy firefighters who didn't come to my aid!" she laughed.

Rock in the Park

By JAKE DAVIDSON

The fourth annual Preston Music Festival was all about eating, drinking and rocking out.

After a year of planning the festival got into full swing on Sept. 17.

Gillian Storch, one of the organizers, said the event focused on the community with donations being collected for the food bank from the people in attendance and businesses. The event is geared toward the whole family.

For the past four years the same team of volunteers has helped set up the festival said Matt Storch, another organizer. The bands themselves also volunteered.

Some of the bands that performed this year included The Dearhounds, Black Market News and Delta Grand Speed.

The crowd consisted of people of all ages who came out to hear some music, dance and to have a good time. A merchandise stand was set up which sold CDs of the bands and T-shirts.

There was also a grill where people could purchase hot-dogs and hamburgers, and a beer tent for the adults in the crowd.

As well, a classic car show was held during the afternoon for all to enjoy.

"I'm here for the fun and the atmosphere. I came to see the bands and the people and I hope the night goes well," said local resident Tammy Day, a first-time attendee.

Gillian and Matt Storch said the whole event would not be possible without the support of local businesses, the City of Cambridge, Preston Towne Centre and, of course, all the volunteers.

Hearts meet hands at traditional craft festival

By ELISSA DEN HOED



PHOTO BY ELISSA DENHOED

A Joseph Schneider Haus volunteer stands next to the site's new washhouse. The Heart & Hand Festival is on this weekend.

Whether you're the old-fashioned type who values the handmade or whether you just like discovering unique treasures that can't be found at the mall, the Heart & Hand Festival is the event for you.

This unique festival will be held at the Joseph Schneider Haus at 466 Queen St. S. in Kitchener on Sept. 24 and is a free outdoor event which celebrates, demonstrates and offers a hands-on experience to a wide variety of traditional crafts. Wandering the historical grounds, you can watch over 25 craftspeople at work, including a potter, spinner, basket maker, metalworker, weaver, mask maker, calligrapher, doll maker, engraver, bead worker and gourd artist. All of the

crafts will be available for sale and can be tried out – no experience needed. New this year is a "Best in Show" competition, and you're invited to assist judges in choosing the winner.

The fun doesn't stop at traditional crafts, however. According to the festival's pamphlet, also featured this year are stories and music from the Baden Storytellers, a drum circle, an organ grinder and monkey, kid's activities and even a town crier. Guelph-based singer James Gordon will perform his signature music and comedy at noon. He plays a variety of instruments – including the pennywhistle – and his songs often have historical, social justice or environmental themes. The Schneider Haus will be open for viewing

as well.

Don't forget to check out the Haus's new washhouse while you're there. "We've reconstructed one on our site and it will be open to the public for the first time at the festival," assistant curator Antoinette Duplessis said in an email. "The one we reconstructed is on the exact spot of the first Schneider washhouse." The washhouse is where the Schneider family would have done many of their heavier chores and also cooked during the summer. Fresh hot soup from the washhouse will be offered to guests during the festival.

More information, including profiles of some of this year's featured artists, can be found on the festival's blog: www.heartandhandfestival.blogspot.com.

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HOROSCOPE
Week of Sept. 26, 2011



Aries
March 21 - April 19

An energetic Scorpio may make an unexpected proposal this week; take it, it will be sure to entertain you to no end and possibly leave you with an eternal smile.



Libra
September 23 - October 22

Just because you can do something doesn't mean you should. A deceiving Cancer may cause you pain if you do so.



Taurus
April 20 - May 20

Others will look to you for guidance. Be stern in your advice and don't be afraid of hurting feelings.



Scorpio
October 23 - November 21

Fortune is coming your way soon, but be weary, all that glitters isn't gold. The number 3 will appear in your life a lot this week.



Gemini
May 21 - June 21

Don't get distracted by minor details, it's the larger ones that will blindside you and will test your ability to love this week.



Sagittarius
November 22 - December 21

Your intelligence will bring you to new heights, but it's what you do at these heights that will determine how long you stay there. Be generous.



Cancer
June 22 - July 22

The past is catching up with you. Let go of it and your burdens will be lessened.



Capricorn
December 22 - January 19

Take the time to think before you act. Your vindictive personality may finally catch up with you and cause strangers harm if you're not careful.



Leo
July 23 - August 22

Though it may be tempting to be the centre of attention resist the urge. Instead, focus your energy on your friendships, that's where it's going to be needed the most.



Aquarius
January 20 - February 18

A Leo of past importance may come back into your life; put away the emotional past and live in the now.



Virgo
August 23 - September 22

An opportunity will come up this week that may have life changing effects on you. Think rationally to determine if this change will be for the best or the worst.



Pisces
February 19 - March 20

Things are looking up, be sure to see the beauty all around you as that beauty may be a nearby attractive Capricorn.

Great fall lineup at Centre in the Square

By SARAH SHAW

Excitement, intrigue, laughter and great music; all in your own backyard.

Centre In The Square's upcoming fall schedule and its 2011/2012 show calendar is jammed full of entertaining and exciting events to delight the senses of anyone appreciating theatrical works of art in the numerous styles being presented.

The Kitchener venue boasts an all-star lineup this fall on one of the largest stages in North America.

The 31-year-old landmark, located on Queen Street off Lancaster, is offering some of the most talked-about concerts and plays in the Canadian theatrical world right now.

"You get such a wide variety of theatre there," said Helen Smart, a grandmother

in her 80s who enjoys events at the venue. "They showcase everything from classical to children's to drama to comedy. We're fortunate that we don't have to travel to see this calibre of entertainment."

Whose Live Anyways?, a 90-minute improvisation comedy show which is playing in late September, feeds off audience participation and suggestions and features comedians Ryan Stiles, Greg Proops, Chip Esten and Jeff B. Davis.

The month of October offers numerous concerts for the alternative rock fan with headlining shows consisting of Jeff Beck, Mathew Good and Pink Floyd: Dark Side of the Moon, which features the album played out in its entirety.

Through the holiday season, Centre In The Square is con-

tinuing its impressive lineup with events including: Sam Roberts Band, Rock of Ages, Trailer Park Boys, Alice Cooper, Rita McNeil and Grammy award winner Tony Bennett on Dec. 14.

"I really enjoy live theatre," said longtime performance enthusiast Allison Nolan. "I'm looking forward to seeing some of the attractions that are coming up this year. There is an energy between the performers and the audience that you don't experience outside of a live show."

Conestoga College full-time students, or any full-time student for that matter, can receive a discount off a show's ticket with the display of a valid student card.

For more information visit The Centre In The Square website at www.centre-square.com.

EPIC FAIL BY CITY WORKERS



PHOTO BY JAMES WITCZAK

It seems that a "college" diploma isn't needed to write signs as this sign, incorrectly, spells college with an "a" when informing people that there is no left to turn on College Avenue in Guelph on Sept 18.



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James Witczak is the resident astrologist who glazed into the abyss and saw it glazing back at him, seeing the universe unfold in the stars.

GLBTQ group at Conestoga offers support

By KAREN HAYNES

The magical red heels that took Dorothy home are not sitting in the closet of any Conestoga College student.

Conestoga Students Inc. offers a wide variety of clubs and services to help each student get involved and, hopefully, not wish for his or her own pair of iconic heels.

Conestoga Pride is a club that offers support and acceptance for the gay, lesbian, bisexual, transsexual and questioning (GLBTQ) community at Conestoga College, said Sasa Kahrmanovic, Conestoga Pride's 2010-2011 president and police foundations graduate.

According to Conestoga's Student Services website, the club is meant to help make each student's transition to college "comfortable and seamless."

Last year, the club met to discuss GLBTQ issues, but also everyday student issues, Kahrmanovic said. "We were a family, supporting each other. Students had a chance to connect and learn from

other students."

The Conestoga Pride's 2010-2011 vice-president, Jamie Herrington, now a second-year police foundations student, said the club allowed students to sit and talk to other students with common interests.

"You can talk about what your fears are and what you want to achieve in school without being picked on," she said.

According to Herrington, Conestoga Pride consisted of approximately 12 students last year. It's not a big club, but it's friendly and welcoming, she said.

Most college clubs are just getting their paperwork together now, said Sheena Sonser, CSI campus service co-ordinator. Students looking for more information regarding Conestoga Pride can visit Sonser in the CSI office, located in Room 2A104, or check out www.conestogas-tudents.com.

Also, Student Life online at www.conestogac.on.ca/studentLife provides more detailed information regarding GLBTQ.

BATTLE FOR LOCKERS AT CONESTOGA



PHOTO BY NICOLE JOBES

Students who reserved a locker last week lash out on imposing combination locks with Post-it notes.

THE THINGS YOU FIND PEOPLE DOING IN THE WOODS



PHOTO BY BRADLEY ZORGDRAGER

Brent Burtoft, a first-year design foundations student, slacklines behind Conestoga College while waiting for a friend to get out of class on Sept. 16. While it is similar to tightrope, slacklining is different because the line is loose which allows it to wobble more.

Controversy surrounds Light Rail Transit

By BRENDAN DALEY

Tri-city residents have bought the ticket, but will they take the ride?

Years of research and discussion had finally appeared to pay off after a June vote passed in favour of the implementation of Light Rail Transit in Waterloo Region. However, although the project has been given the thumbs up, many are still giving the idea two thumbs down.

Cambridge councillor Ben Tucci wasn't pleased when he heard that Cambridge would be receiving a bus service instead of the LRT that both Kitchener and Waterloo will be given. According to Tucci, Cambridge is at a competitive disadvantage without LRT and will have to increase its taxes to compensate. Additionally, forecasts predict that the cost to bring LRT to Cambridge will double in the future making it nearly impossible to find investors.

Instead, Tucci suggests that the region scraps its current LRT plans and focuses on

those who commute to and from our region to areas such as Toronto.

"We need to focus on moving people in and outside the Region. Bring the GO Transit service to Cambridge and improve the service to Kitchener and Waterloo. Now you're connecting the region with all of southwestern Ontario. Ten years from now, if you don't do something, we are going to have such traffic gridlock that the region is going to be forced to put up tollbooths as a disincentive to drive."

However, according to LRT supporters such as TriTAG or the Tri-cities Transport Action Group, "LRT is infrastructure which we need to serve our growing transportation demands and to guide the future development of Waterloo Region." According to the TriTAG website, our region is projected to grow by over 200,000 residents by 2031. Therefore, we require better transportation service within the region - one that has the ability to guide future development and increase urban intensifi-

cation.

For close to a decade Waterloo Region has been discussing ways to improve upon our public transit system.

Many possibilities, including traditional forms of transportation such as subways and monorails, were to be considered. However, in 2009, Light Rail Transit was decided upon as the new means of transportation.

To the dismay of LRT supporters, the two-thirds of cost that the provincial government originally agreed to pay was lessened to \$300 million during the summer of 2010. As a result, the region was left with approximately \$200 million in outstanding costs.

The \$790-million project will be completed in stages, linking Fairview Mall to Conestoga Mall and passing through Uptown Waterloo and downtown Kitchener along the way.

In addition, Adapted Bus Rapid Transit would initially connect the Ainslie Sreet bus terminal in downtown Cambridge to Fairview Mall.

Mother speaks out about suicide

By JEFF BOMBEN

The weather was chilly and the wind was blowing as a soft-spoken mother talked about a tragedy in her life for the first time in public.

The heavy-hearted mother could not hold back the tears as she spoke to the audience about her daughter, Mariah Simcoe-Dawson. The 15-year old Kitchener teen committed suicide Jan. 1, 2011. In response, her mother has started Mariah's Mission to support suicide prevention education.

"I got the courage from my daughter," Jeanna Simcoe-Dawson said.

"I do not have her around me everyday. Mariah's Mission is all I have to keep going — to keep her legacy of hope and change.

"If I can help one family, or even one child for this not to happen, this is why I keep

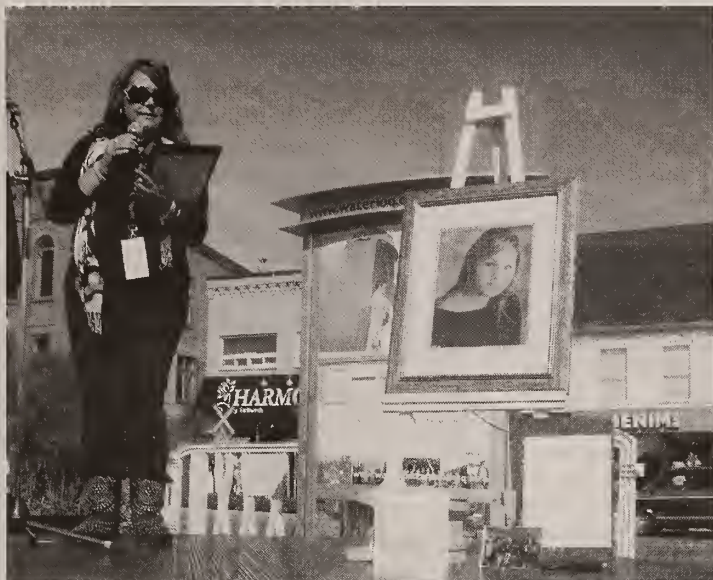


PHOTO BY JEFF BOMBEN

Jeanna Dawson-Simcoe speaks at The TABU Music Festival on Sept. 16 in Waterloo about her daughter's suicide.

doing what I do."

Mariah's Mission has teamed up with the Waterloo Region Suicide Prevention Council

(WRSPC) to help students understand that they are not alone.

"I think people are afraid to

talk about suicide because if they talk about it they think it will actually happen. Suicides are happening and no one is talking about it," Simcoe-Dawson said.

This year, the TABU music festival supported the cause, donating all proceeds to WRSPC. The free event, which took place Sept. 16 in Waterloo Town Square, featured 20 bands as well as Simcoe-Dawson who spoke about her daughter and Mariah's Mission.

"Today is truly amazing. At one time, we would never be in the Public Square talking about suicide. The community has come a long way," said Tana Nash, co-ordinator of WSPRC.

The past year has been incredibly heart-wrenching for Simcoe-Dawson and her other daughter Kendra. In addition to losing Mariah, she also lost her husband and her mother.

Mariah took her own life after battling depression for years. She was a popular, full of life person who attended Kitchener's Eastwood Collegiate where she studied art, her passion.

Jeanna described Mariah as wise beyond her years.

"She was 15. She would always shock people because she looked like she was 18 and she spoke like she was 20. She was very mature for her age," she said.

The following is an excerpt from, *My End To My Beginning*, written by Mariah Simcoe-Dawson at the age of 13, two years before her passing.

Hardness falls deep down.

As I try not to show it

The brightness of my new beginning shines.

I will start my end to fix my beginning

As it's left, in my hands whom to become

Screaming engineering

By ERIC MCKENZIE

The mechanical and electrical engineering programs at Conestoga College have pulled ahead of their competition like a screaming freight train in the eyes of automation and manufacturing employers scouting new talent.

Conestoga's mechanical systems engineering degree program recently made history by becoming the first college and second institute for technology in Canada to be accredited by the Canadian Engineering Accreditation Board (CEAB).

"We are very pleased at this validation by the CEAB and Engineers Canada, of the leadership role being taken by Conestoga in project based engineering education in Ontario," said John Tibbits, president of Conestoga.

Engineering graduates from Conestoga are very likely to get a job, said Brian Morriss, the program adviser to the mechanical engineering robotics and automation program.

"Employment in the field of automation within six months of graduation has been at or near 100 per cent for the last several years."

Graduates from the engineering programs have a leg up on their colleagues as they are interdisciplinary trained in designing and operating both "the hardware and the software of automated technologies," said Terry Walker, an electrical engineering technology teacher at Conestoga.

"It's more beneficial for all students to learn how to con-

struct automated systems, even if some may only be designing them."

A co-op placement is offered in some engineering programs. They are partnered with companies in Waterloo Region, a hub for employers such as Brock Solutions, Rockwell Automation and ATS Automation. These companies are major players in the industry and use automated technology to cut costs for other factories and businesses.

Walker said his electrical engineering graduates have found jobs at Brock Solutions and the award-winning company Eramosa Engineering in Guelph. One of his former students recently began working with Research In Motion (RIM).

"He had been to Germany, Hungary, and is still currently in Europe working in processing."

Conestoga grads also become international representatives for solutions companies, said Walker, who before teaching at Conestoga worked in China and parts of Europe.

"I'd love to travel and mix my people skills with my engineering knowledge," said Patrick Arruda, a second-year electrical engineering technology student.

Conestoga and the British Columbia Institute of Technology (BCIT), both members of Polytechnics Canada, are the first non-universities to receive engineering accreditation from the CEAB.

'Maid' to feel like home

By ASHLEY WELFORD-COSTELLOE

Some would say that working as a housekeeper at a college residence has to be an unpleasant task, especially with all the student parties and intoxicated students making a mess.

But there is a lot more to this job than most people think. The cleaning staff at Conestoga residence does more than clean the building. They also get to know the students personally.

Lisa Brown is the housekeeper supervisor for the Conestoga residence. She has worked there for two and a half years. One of the perks of

her job is making friends with the students.

"They call me Mama Brown. I'm more their mom when their mom's not around," she said.

Of course, there are times when students do get a bit out of hand. Brown said the worst days for cleaning are Mondays after a weekend of student parties. She also said at least once a month she'll find puke in the stairwells.

Jean Coles is the maintenance manager for the



Brown

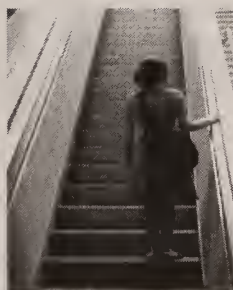
Conestoga residence. She said the main issues are damage to doors and ceiling tiles. Doors often have to be removed and ceiling tiles replaced. They have also had problems with some students not taking care of their rooms.

"Some of them were pretty bad," said Coles.

"We've never had to condemn a room yet. (However) we've had to put a lot of work into the rooms."

But it's not always that bad. Coles said things have been improving every year.

"I find that over the years it's been getting better and better."



COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town; some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, and visit Student Life to familiarize yourself with happenings on campus.

You can meet with a counsellor in Counselling Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Counselling Services, 1A101.

New sound for Red Hot Chili Peppers

By KENNETH BELLIVEAU

It has been roughly five years since a Red Hot Chili Peppers song played on the car radio as people drove into school. It has been five long years since the Chilis climbed the charts with Dani California. In 2006 we could not go 24 hours without hearing that song or seeing the video on television. Here we are, September 2011 and The Chilis are back with their 10th studio album titled *I'm With You*.

It has been said that the Chili Peppers were looking for a fresh new start with *I'm With You* after the departure of longtime guitarist John Frusciante.

Frusciante had been with the band since 1989, although he took a break during the late '90 to go to rehab. This is only the second album in over two decades that does not feature Frusciante's recognizable guitar riffs. In comes Josh Klinghoffer to replace the long-standing member, and for the most part it works on the album. There are a few times when you would have expected a long solo from Klinghoffer, just so the album could show the fans what he is made of, but it does not happen. The song just ends or there is no build up to a thrilling conclusion.

Despite the fact that Frusciante is missing on cer-

tain singles, the Chili Peppers have once again provided an album that is a good mix of old-fashioned rock tunes, along with pop sounding funk tunes to keep fans interested. The songs still hold a lyrical focus like no other, as lead singer Anthony Kiedis belts out the lyrics to *The Adventures Of Rain Dance Maggie* along with Flea's never boring bass line.

The Adventures of Rain Dance Maggie is a good single to release off the album for their first single in almost five years. It is a funky ballad, but not over the top and flashy like some of their older singles. It may prove to be the start of a newer brand

of the Red Hot Chili Peppers name. Much like their transition from original guitarist Hillel Slovak into John Frusciante, the band seems like they have taken time to figure out exactly where they want to go.

Frusciante may be the one people know, but for a band that has been through a lot over the years, The Red Hot Chili Peppers remained as focused as ever to bring their fans an album worth listening to.

Whether it is the funky opening to the song *Ethiopia* where Kiedis simply just says "E I O I E I A" a few times while breaking into the song, or the slowly building *Brendan's Death Song* it is

good to hear music from The Red Hot Chili Peppers, whether it be with Frusciante or not.

Klinghoffer will prove over time that he can be a solid member of the band, already proving on this album that he can play multiple instruments.

He not only played the guitar for the album but the keyboard on a few tracks as well as the six-stringed bass.

The Red Hot Chili Peppers may have a few kinks to work out along the way, but with their dedication and determination, it is pretty much guaranteed that this is not the last we'll hear from them.

Change the world by changing you

By VANDA DOBRITOIU

"Change the world by changing you." Sounds simple, does it not? Yet, is it? That was the question Em Johnson asked herself, until one day she decided that the answer was a simple one: UrbanEx - a local organization that helps people find themselves in the midst of life's hardships.

At 14 years old Em left the town of LaPorte, Iowa, for a week's trip with a youth group to Toronto. The group did volunteer work in the community and helped others in need. As a child, Johnson's family was the "project family" as she called it, which meant people always brought them hand-me-down clothing and groceries from the market. "People meant well, but they didn't give much thought to how it showed. It was embarrassing rather than empowering," said Johnson, while sipping on her coffee. After the trip was over, she felt very connected to the people she met in Toronto, and while later she did other mission work around the world, including to Malaysia, Germany, Jamaica, Texas and Chicago, she never lost her special connection to the people she met during her first mission trip.

At the age of 16, Johnson started what she called "the genesis of UrbanEx." She believed that if she listened to the people, instead of assuming what they needed or who they were, she would have a greater chance of getting through to them. "I knew the outcome of what the experience I wanted to give them will feel like, but I

didn't know how to go about accomplishing that ... until I met Alan Waugh," said Johnson with a smile on her face.

Johnson moved to Kitchener in 2006 and met Alan, 52, through social justice initiatives that they were both relational advocates for. Relational advocates are people who support or speak in favour of a cause. They both helped people who struggled with addictions and depression, and because of it, they developed a strong trust in each other. Johnson convinced Waugh to come to an excursion for just a day and see if he liked it, yet Waugh ended up staying the whole trip because he was so touched by what was happening. Waugh is a visionary, and shortly after, he jumped on board and became Johnson's official partner in the organization.

UrbanEx, unlike most organizations, is a reverse model. They take people, ranging from 11 to 65 years of age, from all around the world and plan a week's excursion to Toronto where they become the students. The teachers are the homeless people and the refugees. "It goes along the lines of 'walk a mile in their shoes.' They have to walk with their teachers," said Waugh. The students stay at a backpacking hostel and their days are filled with intense experiences that cause participants to reflect and look at their fears. "We give people space and permission to discover who they are through an experience. You can forget a book you read, or a movie you saw, but you won't forget an experience," said

Waugh.

"I will never forget the faces, stories, smells and sights of Toronto's streets. The interaction with those on the streets in Toronto changed my life. It changed my perspective on those who often are avoided or ignored," said Tim Kramer, a student from Minnesota.

The excursions, themselves, are very emotional, and they teach people how to process their feelings through music, writing or creating something with their hands. They encourage people to look at the different ways to process emotions, as well as digging deeper into people to find out who they really are, instead of assuming their personalities.

"It's kinda like 'love your neighbour as you love yourself,' but how can you love someone when you're afraid of them, or you don't understand them, or you don't know they exist?" said Waugh.

When they are not planning the excursions, Johnson and Waugh are busy teaching seminar classes at the local university and high schools, as well as doing relational advocacy throughout the community. "We learn by helping others," said Waugh.

The trips cost between \$500-\$600, and the money is used for the all-inclusive treatment the students receive, as well as to pay the teachers. The money raised comes from sponsors and fundraisers, and it all goes toward the participants. UrbanEx is known around the world simply by word of mouth.

For more information, visit www.urbanex.org.



PHOTO BY VANDA DOBRITOIU

UrbanEx representatives, Em Johnson and Alan Waugh, enjoy spending time together in Kitchener on Sept. 16.

Making Connections

At CMHA, our vision is mentally healthy people in a healthy society. We know that reaching out is the first step toward well-being. Making connections with families, groups, decision-makers and with you, CMHA is a powerful force for mental health in Canada.

Connect with the Canadian Mental Health Association at www.cmha.ca for information on mental health issues and services.

The Emerging into Light symbol of resilience and recovery reminds us of the importance of making connections to ensure good mental health.

Playing to your full advantage

Conestoga hires its first full-time varsity sports therapist

By JAKE ROBINSON

The old adage, "if it ain't broke, don't fix it," won't apply at Conestoga College this year.

The college has hired its first full-time varsity sport's therapist.

Nathan Campbell, who has been a certified athletic therapist for eight years, started working with Conestoga athletes when varsity tryouts started this school year.

He will be responsible for a variety of different tasks, including, dealing with injuries after they happen and working to prevent injuries for both players and coaches.

"The athletes want to play, they don't want to sit on the sidelines," said Campbell. "So the faster I can get them back to play, safe and healthy as possible, the better it is for everybody."

Campbell deals with orthopaedic injuries which are bone, joint and muscle related. The most common injuries that he sees are to ankles, knees and fingers. Knees are typically from contact while ankles can be from the playing surface, the athlete's footwear or the player's personal fitness level.

"There's also the more severe stuff. All the way to potential concussions and spinal injuries, that I hope never happens, but I have dealt with that and am prepared to deal with that," he said.

He will treat the injured player with protective taping, rehab, exercises and advice on how they can return to the playing field. He will also work to keep the



PHOTO BY JAKE ROBINSON

Nathan Campbell tapes first-year general business student Samantha Holdsworth's ankle after she sustained an injury. Campbell is Conestoga's first full-time varsity sports therapist and treated athletes on the sports field outside the recreation centre on Sept. 14.

player's muscles loose and ready for action by giving them massages before games and practices.

He is also striving to educate athletes on how they can prevent injuries themselves. Athletes can help prevent injuries on a daily basis by participating in a good warm-up and cool-down exercise, making sure they maintain their fitness level beyond their sport, and practising.

"All of these athletes are high level athletes so they know their game, but that

practice is still needed so they just don't walk into a game cold," said Campbell.

First-year business student Samantha Holdsworth, who is a member of the women's soccer team, recently sustained an ankle injury. She has been treated by Campbell and enjoys the benefits of having a therapist.

"It will help everyone stay healthy and play to their full advantage because if anything happens he will just be right there," said Holdsworth.

During the regular season, Campbell will attend certain games to accommodate in-game injuries. He can't attend every game because he is the school's only sports therapist, so certain factors will decide which games he will cover; high risk and home games will be his priority.

Campbell's office is inside the recreation centre where varsity athletes can go if they need any medical treatment.

He is excited to be the school's first, full-time therapist

because it gives him the ability to develop new health systems for the athletes.

"Because this is a new position, I hope to develop a lot of systems and put them in place through prevention, monitoring an athlete's medical condition status, the education stuff and essentially establishing a place in the building that can treat athletes," he said. "And this is the start of it; this is going to be a longer process. Everything isn't going to happen this year, but I'm starting that."

Thirsty Leafs intend to end playoff drought

It has now been six seasons since the Toronto Maple Leafs have seen post-season hockey and three seasons since Maple Leafs Sports & Entertainment hired Brian Burke as president and general manager to bring the once legendary and storied franchise back to respectability.

Burke has been busy since being hired in November 2008, but after completely revamping the Leafs' lineup through trades and signings rather than building through the draft, I believe he has finally succeeded as he filled some big holes that were plaguing the team.

The Leafs finished last year a



Andrew Omran
Opinion

mere eight points out of a playoff spot, mainly due to the brilliant goaltending of the team's young netminder, James Reimer. Reimer finished the season with a 20-10-5 record and a .921 save percentage despite only starting 37 games. If the Morweena, Man. native can repeat his stellar rookie season performance and avoid the sophomore slump, the

Leafs will be in the playoffs given the talent they added on both the offensive and defensive areas in the off-season to provide some support.

Tim Connolly was signed as a free agent out of Buffalo in the hopes that he can be the No. 1 centre the Maple Leafs have been looking for since the departure of Mats Sundin.

Connolly, a 45-55 point centre, may be the playmaker Phil Kessel is looking for. If his health can hold up for the duration of the season, he will provide size and talent to the team's top line and will also be an asset on the power play. However, I still believe the

team's biggest addition may have gone under the radar.

Matthew Lombardi may have been a huge steal for the Leafs. He will bring shut-down capability to the teams' bottom-six as well as add a veteran presence to a young Maple Leafs team. Also, his speed and soft hands will provide the organization with some depth at the centre position when combined with his defensive skills. Lombardi will also be valuable to the team when it comes to the penalty kill. Last year, the Leafs ranked 28th in the league, better only than Edmonton and Colorado.

Cody Franson, 6'5" and 213

lb., who also came to Toronto in the trade from Nashville along with Lombardi, will attempt to use his size to earn a spot on a defensive unit that can match up with the best in the league. It currently consists of Mike Komisarek, Keith Aulie, Dion Phaneuf, the newly-acquired John-Michael Liles, Carl Gunnarsson and, of course, Luke Schenn.

With all of these additions Brian Burke has given the Maple Leafs the opportunity to once again contend for the playoffs. But games are not won on paper but rather on the ice, so only time will tell if they are as improved as they appear to be.



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